



A COMPARATIVE STUDY OF PRE-COMPETITION ANXIETY AMONG WRESTLING AND JUDO MALE PLAYERS

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ABSTRACT

The purpose of the study was to examine pre-competition anxiety among Wrestling and Judo players of Chandigarh Government Schools. 40 Wrestling and Judo players (20 wrestling and judo) of various Government schools of Chandigarh were selected randomly as subject for finding pre-competition anxiety. Their age range between 14-19. Pre-competition anxiety questionnaire (SCAT) was conducted. It consisted of 15 items, out of which five were spurious questions, which were added to the questionnaire to diminish response bias towards the actual test items. These five questions had no influence on the score of the players. Scores obtained by each subject on each statement were added up which represented one's total score on pre-competition anxiety. For the purpose of computing statistical mean, Standard deviation and t-test was conducted (0.05 level of significance).

INTRODUCTION:

The game of cricket has a known history from sixteenth century to the present day, with International matches played since 1844, despite the fact that the official history of worldwide test cricket started in 1877. During this time, the game created from its birthplace in England into a game which is presently played expertly in the greater part of the Commonwealth of Nations. The creating patterns in the field of Physical instruction have unified procedure that inclined the change for individual improvement. Dynamic association in games positively calls for more noteworthy competency in accomplishing the required amazingness by any person. During current occasions sports have moved toward becoming a vital part of our way of life. It is being impacted and influences all our social organizations including instruction, financial matters, expressions, governmental issues, law, mass-correspondence and International tact, its degree is magnificent. In present day time, a game has turned out to be indivisible marvel of our social and public activity. It has made its own place at the peak of human progress, in light of its trail, aggressive occasions and notwithstanding improving nature. The securing of new learning for advancement of execution of human living being in connection to physical, engine and physiological characteristics is in procedure of immersion.

MATERIAL AND METHODS:

For this investigation 40 players of Wrestling and Judo (20 wrestling and 20 judo) were chosen as subjects, who participated in Inter school rounds of Chandigarh were the members. Standard games explicit poll "Sports rivalry tension test (SCAT)" built by Rainer Martens was utilized in this investigation. It comprise of 15 questions and having three alternatives to answer i.e. barely ever, once in a while and regularly.

RESULT AND DISCUSSION:

The data was collected from 20 wrestling and 20 judo players from Government School of Chandigarh; "t" ratio was used to compare the anxiety level of wrestling and judo players. The findings of the study are shown in the table and the figures below. The application of mean, standard deviation and value of "t" for the wrestling and judo players is shown in table. Mean for the wrestling players was 17.4 and mean for the judo players was 16.6. Standard deviation for wrestling players was 3.17 and standard deviation for judo players was 3.09. T calculated value = 0.81. Wrestling players have average level of anxiety and judo players have low level of anxiety, however when both the groups were compared with the t-test, the significant result shows.

Table 1: Mean SD and t-test of Wrestling and Judo players.

Group	N	Mean	SD	t-value
Wrestling	20	17.4	3.17	0.81
Judo	20	16.6	3.09	

Tabulated value of "t" at significance level of 0.05 is 2.024 i.e., t (0.05)

(df = 38) = 2.024

The calculated value of "t" is 0.81

The calculated value of "t" is less than the tabulated value.

CONCLUSION:

This examination appears there is huge contrast between both the gatherings. Wrestling players have normal degree of nervousness and Judo players have low degree of tension, anyway when both the gatherings were contrasted and the t-test, the huge outcome demonstrates that there is distinction in pre-rivalry uneasiness among wrestling and judo players.

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